

A NO-NONSENSE APPROACH TO
STAYING HEALTHY AFTER 50

THE SMART WOMAN'S GUIDE TO MIDLIFE & BEYOND



JANET HORN, MD
ROBIN H. MILLER, MD

Smart Womans Guide To Midlife And Beyond

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Smart Womans Guide To Midlife And Beyond:

The Smart Woman's Guide to Midlife and Beyond Janet Horn, Robin Miller, 2008 Smart women understand that taking care of their health is essential to maintaining an active lifestyle This comprehensive guide shows you how to work with your body instead of against it to stay healthy and happy through menopause and beyond Written by two practicing doctors who have been close girlfriends since they met during medical training at the Johns Hopkins Hospital The Smart Woman s Guide to Midlife and Beyond includes the doctors own personal experiences patient stories from their medical practices and all the information you need to age with good health grace and humor Includes the information you need to Care for your whole body to prevent common diseases Learn which health issues are normal which are serious and what to do about them Overcome memory loss depression and anxiety Understand menopause and hormone replacement therapy Nourish and protect your skin and hair Choose the right vitamin supplements for you Find out whether or not treatments like massage and acupuncture will work for you Know when to share your concerns with your doctor or healthcare practitioner Create a personal Health Maintenance Schedule to keep your health on track The Smart Woman s Guide to Midlife and Beyond is a complete holistic and state of the art road map for any woman who is motivated to become a more effective steward of her health The authors relaxed personal and insightful style makes critical health information accessible This book is a must have for any woman inspired to improve her health trajectory Mark C Pettus MD FACP medical director of the Kripalu Institute for Integrated Healing and author of *It s All in Your Head* There is no doubt that women past the age of fifty have different health issues than younger women a fact often overlooked by many physicians These women need to know how to care for their maturing bodies Drs Horn and Miller explore the full spectrum of mature women s health issues in a candid conversational manner that integrates the body mind and spirit A much needed book Kevin Soden MD host of *Healthline on Retirement Living Television* I have often wished that there were a doctor in my family I could ask for health advice If you have shared this desire you ll love this book It s a practical insider s guide to what maturing women need to be thinking about and it s written as though the authors were concerned friends talking with you Drs Horn and Miller have superb training and years of practical experience caring for women patients It shows on every page of this excellent book Judge Glenda Hatchett star of the nationally syndicated television program *Judge Hatchett* The authors approach is accessible and entertaining These are the doctor girlfriends you want to call because they know everything about the area of your concern not only from their medical practices but also from their own personal experiences Robin Wolaner founder of *Parenting* magazine and founder and CEO of *TeeBeeDee* tbd com an online network for people over forty This is the girlfriends guide to taking charge of your health And these girlfriends are doctors A winning combination Ari Brown MD pediatrician and author of *Baby 411* **The Whole-Body Approach to Osteoporosis** R. McCormick, 2009-05-01 In *The Whole Body Approach to Osteoporosis* nutrition and bone health expert Keith McCormick offers a holistic ten step approach to help readers increase bone density and bone

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Subject Guide to Books in Print ,1996 Forthcoming Books Rose Arny, 2004 The MEND Clinic Guide to Natural Medicine for Menopause and Beyond Paula Maas, Paula Mass, Susan E. Brown, Nancy Bruning, 1997 Combining the best of traditional medicine alternative therapies and the latest research Dr Paula Maas of the prestigious MEND Clinic offers women a new holistic approach to menopause and aging that can dramatically extend and enrich the postmenopausal years Included in this groundbreaking new guide is Advice on reducing the risk of cardiovascular disease breast cancer osteoporosis and diabetes How to cope with the common conditions of menopause and aging with self care natural therapies An A Z guide to natural remedies Ways to replace dwindling hormones without using prescription hormones such as estrogen replacement therapy How to enjoy sexuality beyond menopause And much more The perfect complement to conventional care The Mend Clinic Guide to Natural Medicine for Menopause and Beyond invites us to rethink menopause and aging by distilling the facts from the myths and offering women an updated comprehensive approach to this special stage of life

Library Journal Melvil Dewey, Richard Rogers Bowker, L. Pylodet, Charles Ammi Cutter, Bertine Emma Weston, Karl

Brown, Helen E. Wessells, 2007 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately *Career Change* David P. Helfand, 1995 Inside you ll find the stories of career changers who have done just that and have found a new sense of happiness and satisfaction The rewards of a fulfilling worklife are worth pursuing wherever your personal goals may lead you *One Small Step* Yvonne M. Dolan, 1998 Using case histories and solution focused and Ericksonian therapy techniques Yvonne Dolan offers a fresh approach to post therapy healing for anyone who has worked through issues of being a victim or a survivor of physical sexual or emotional abuse and wants to feel good and embrace life *Cahiers de la Femme* ,1978 **Library Journal** ,2006 **American Book Publishing Record** ,2006 **Books In Print 2004-2005** Ed Bowker Staff, Staff Bowker, Ed, 2004 **Quill & Quire** ,2002 **Small Press Record of Books in Print** Len Fulton, 1994 **Midlife Mindset** Olga Tolscik, 2018-12-26 Midlife Mindset serves as a guide to help bolster our own ability to cope with midlife issues but also teaches us how to be better supporters to our fellow midlife sisters This book explores the intricate interplay between childhood experiences and current circumstances including wishes desires and fears *The British National Bibliography* Arthur James Wells, 2007

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